



# STDs

## Don't Let'em Break Your Heart!

### STDs? What are you talking about?

STDs are sexually transmitted diseases (diseases passed mainly during vaginal, anal or oral sex.)

STD germs are passed:

- ◆ In semen (cum)
- ◆ In vaginal fluid
- ◆ In blood
- ◆ Through skin breaks

Some common STDs are:

- ◆ Syphilis
- ◆ Gonorrhea
- ◆ Herpes
- ◆ Chlamydia
- ◆ HIV, the virus that causes AIDS, and Hepatitis B are two other STDs. They are also passed by sharing needles to inject drugs, pierce body parts, make tattoos or for any other reason.

### STDs? What do they look like?

Some STDs cause symptoms on or near sex organs. Some signs of STDs are:

- ◆ Blisters
- ◆ Warts
- ◆ Sores
- ◆ Itching
- ◆ Swelling
- ◆ Dripping
- ◆ Pain when going to the bathroom

**Sores can also show up in the mouth.**

**Some people get a skin rash.**

STDs can hurt you and the ones you love. If STDs are not treated early they can lead to:

- ◆ Not being able to have children
- ◆ Cancer
- ◆ Brain damage
- ◆ Birth defects

Some infected people  
have **NO** symptoms  
at all!

**AIDS can't be cured.  
Some people die from AIDS.**

Women can pass AIDS and some STDs to their babies:

- ◆ Before birth
- ◆ During birth
- ◆ While breastfeeding

### How can I stay free from STDs?

*The safest way is to not have sex.* It's the **only sure** way to prevent getting STDs through sex.

### ***No sex doesn't mean no fun!***

You can still show your feelings without having sex by:

- ◆ Touching and hugging
- ◆ Dry kissing --it's safe if you never touch a sore on the mouth or skin.)

**Don't drink or use other drugs.**

**You might take chances with sex if you do.**

***If you do have sex,  
stay with one partner.***

*Sex is safest if both you and your partner:*

- ◆ Do **not** have HIV or an STD
- ◆ Have **never** had sex with anyone else
- ◆ Have **never** shot drugs

**All it takes is  
*ONE TIME*  
with an infected person  
to get an STD!**

**Always use a new latex condom**

if you have vaginal, anal or oral sex.

- ◆ Read the package. Make sure the condom protects against STDs
- ◆ Keep condoms in a dry place, away from heat and sunlight.
- ◆ Put the condom on as soon as the penis is hard and before any vaginal, anal or oral contact.
- ◆ Hold the tip of the condom. Unroll it to the base of the penis.
- ◆ Use K-Y Brand Jelly (or another water-based lubricant) for vaginal and anal sex. But, don't use petroleum jelly, lotions or any oils.
- ◆ The male should pull out right away after coming. Hold on to the condom when pulling out.

***Take care of your health.  
Have regular checkups.***

**If you think you might have an STD, go to:**

- ◆ A health-care provider
- ◆ A health clinic

Simple tests can show if you have an STD.

Don't have sex until you have a checkup.

**If you do have an STD:**

- ◆ Follow what your health care provider says.
- ◆ Tell any sex partners to get checked
- ◆ Keep in mind that you can get the same STD more than once.



**For more information call:**

CDC National STD Hotline  
**1-800-227-8922**

CDC National AIDS hotline

**1-800-342-2437** (English)

**1-800-344-7432** (Spanish)

**The calls are free.**

*Not having sex is the **ONLY** sure way to avoid passing STDs.*

*Using a condom properly can help protect you.*

***Play it safe, prevent STDs now!***